

Vegan Mac and Cheese – Serves 4-6



Ingredients

- 1 box (375g) Whole grain macaroni pasta
- 2 crowns Broccoli, chopped
- 1-2 tbsp. Olive oil
- 1 White potato, peeled and grated
- 1 Large carrot, peeled and grated
- 1 Onion, diced
- Salt To taste
- 3 cloves Garlic, minced
- 1 tsp. Ground mustard
- 1 cup Water
- 2/3 cup Raw cashews
- 1/4 cup Nutritional yeast
- 1 tsp. Apple cider vinegar

Directions

1. Cook pasta al dente according to package instructions. Drain and set aside.
2. Steam broccoli until desired tenderness.
3. Heat oil in large pan on medium heat. Add the grated potato, carrot and diced onion and fry until the onion becomes somewhat translucent. Season with salt.
4. Add the minced garlic and ground mustard. Fry for another 1-2min or until garlic is fragrant.
5. Add the water and raw cashews. Bring to a light boil then reduce heat to low and let sit for 5 min.
6. Mix in the nutritional yeast and cider vinegar and then carefully pour the mixture into a large blender. Blend until smooth.
7. Pour sauce over macaroni and add the broccoli as a side or mixed throughout.
8. Enjoy 😊